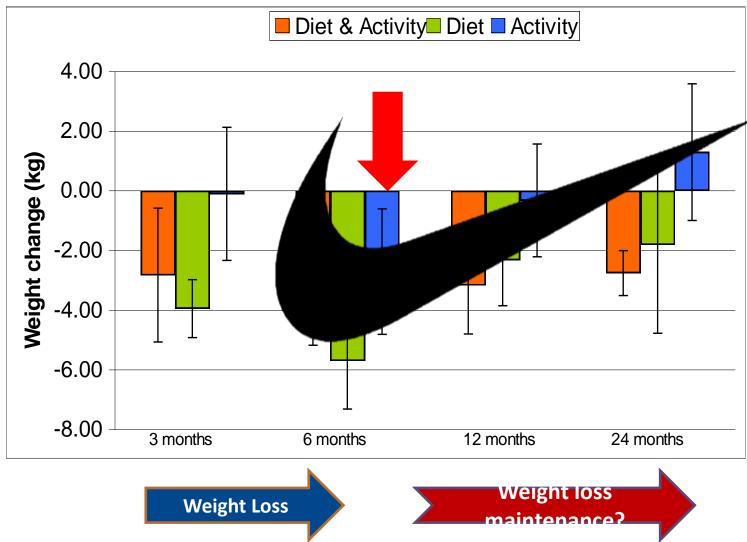
Action on weight management in cancer – developing an evidence base to support intervention trials – views from the NIHR Cancer and Nutrition Collaboration research group on cancer prevention and screening

Weight Loss Interventions for Trials: The Example of DiRECT

Professor Falko Sniehotta@FSniehottaDr Lucia Rehackova@LRehackova

From Newcastle. For the world.

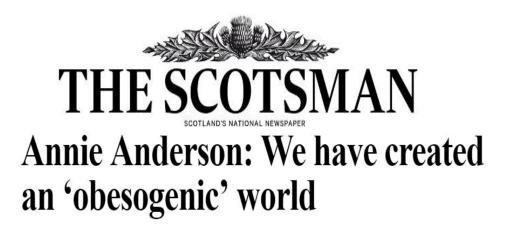
Effectiveness of Behavioural Weight Loss Interventions in adults with obesity and additional health risk factors



Dombrowski, S. U., Avenell, A., & Sniehotta, F. F. (2010). Obesity Facts, 3(6),



1 why many weight loss attempts fail





Annie Anderson: We now have a growing body of evidence to show that weight management can prevent diabetes. Picture: contributed

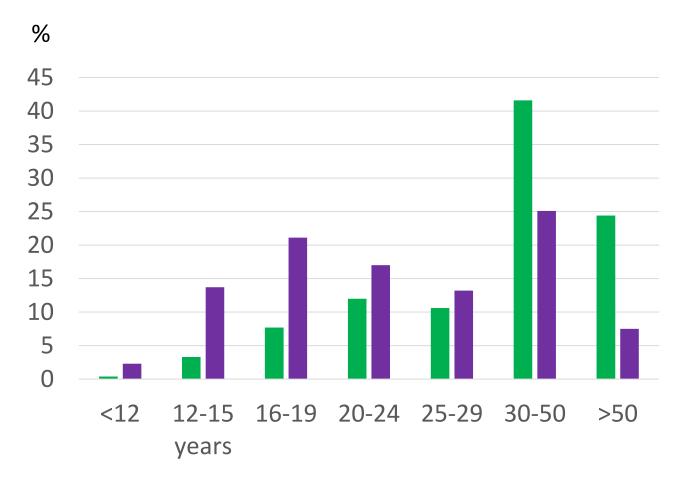
Study name	Statistics for each study				Event rate and 95% CI			
	Event rate	Lower limit	Upper limit					
Crawford et al., 1998	0,204	0,183	0,226					
Machado et al., 2012	0,266	0,250	0,283					
Green et al., 1997	0,326	0,319	0,333					
Johnston et al., 2014	0,665	0,655	0,675					
Jackson et al., 2013	0,450	0,416	0,484					
Leong et al., 2013	0,394	0,370	0,418					
Santos et al., 2015	0,243	0,219	0,269			-		
Stephenson et al., 1987	0,350	0,348	0,352					
Serdula et al., 1995(1)	0,386	0,383	0,389					
Kant et al., 2002	0,459	0,450	0,468					
Williamson et al., 1992	0,335	0,331	0,339					
Serdula et al., 1995(2)	0,337	0,334	0,340					
Horm et al., 1993	0,317	0,312	0,322					
Levy et al., 1993	0,193	0,184	0,202					
Barrett et al., 1995	0,344	0,324	0,365					
Nothwehr et al., 2005	0,488	0,401	0,576					
Serdula et al., 1999	0,364	0,361	0,367					
Kabeer et al., 2001	0,380	0,363	0,397					
Anderson et al., 2002	0,648	0,625	0,670					
Kruger et al., 2004	0,309	0,304	0,314					
Thomas et al., 2002	0,361	0,335	0,388					
Bish et al., 2007(a)	0,512	0,499	0,525					
Bish et al., 2005	0,395	0,393	0,397					
Wee et al., 2001	0,300	0,293	0,307					
Weiss et al., 2006	0,409	0,394	0,424					
Nicklas et al., 2012	0,630	0,615	0,645					
Kimmons et al., 2006	0,580	0,564	0,596					
Bish et al., 2007(b)	0,557	0,554	0,560					
Duncan et al., 2011	0,474	0,460	0,488					
Yaemsiri et al., 2011	0,370	0,363	0,377					
Post et al., 2011	0,502	0,489	0,515					
Wolfson et al., 2014	0,430	0,420	0,440					
Moten et al., 2014	0,534	0,522	0,546					
Nguyen et al., 2015	0,520	0,503	0,537					
Reba-Harrelson et al., 2009	0,672	0,657	0,686					
	0,415	0,387	0,444				+	
				-1.00	-0.50	0.00	0.50	

Over 250 million Europeans make a weight loss attempt each year

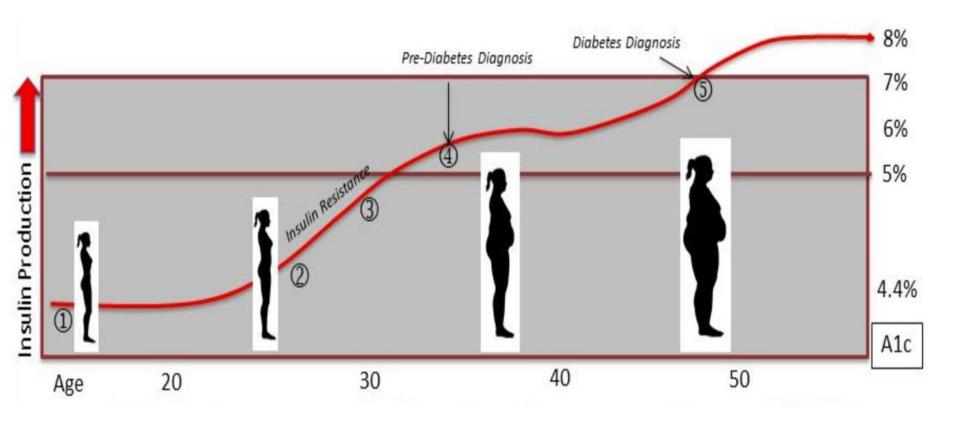
£220 billion Global turnover of the weight loss industry in 2017

Santos I, Sniehotta FF, Marques MM, Carraca EV & Teixeira PJ (2017). Prevalence of personal weight control attempts in adults: a systematic review and meta-analysis. *Obesity Reviews*.

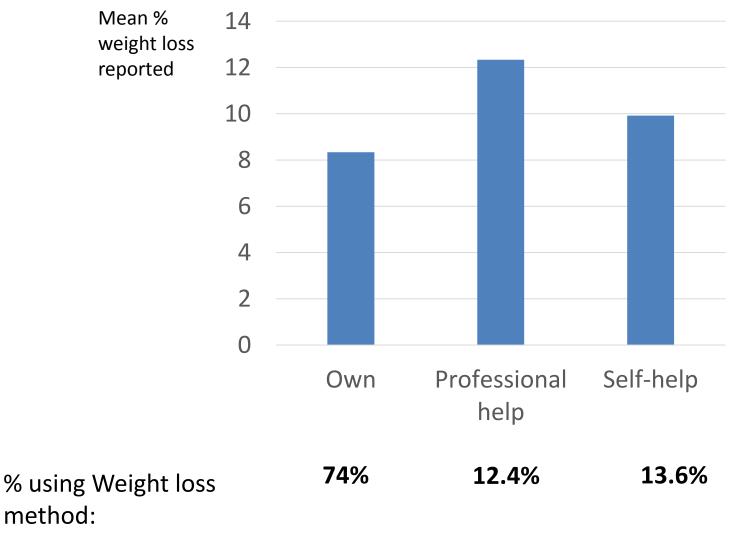
Age at first weight loss attempt



Males

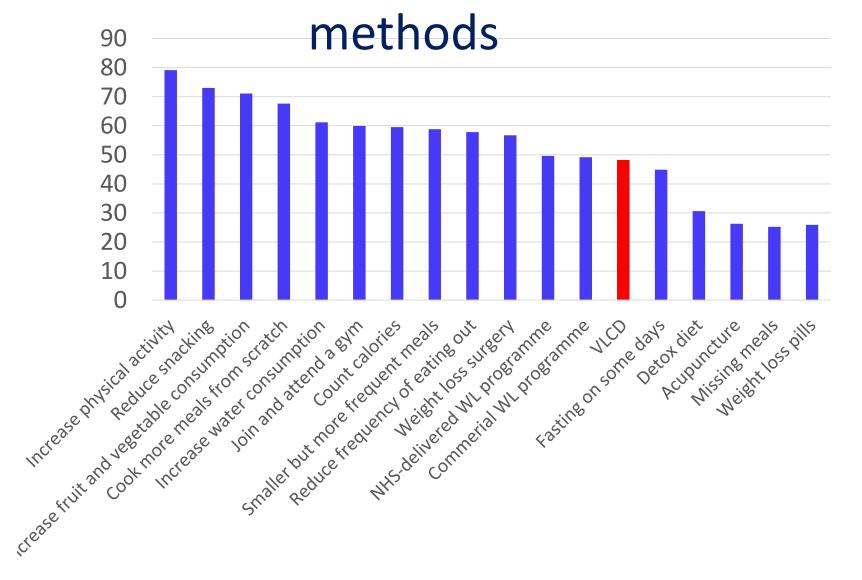


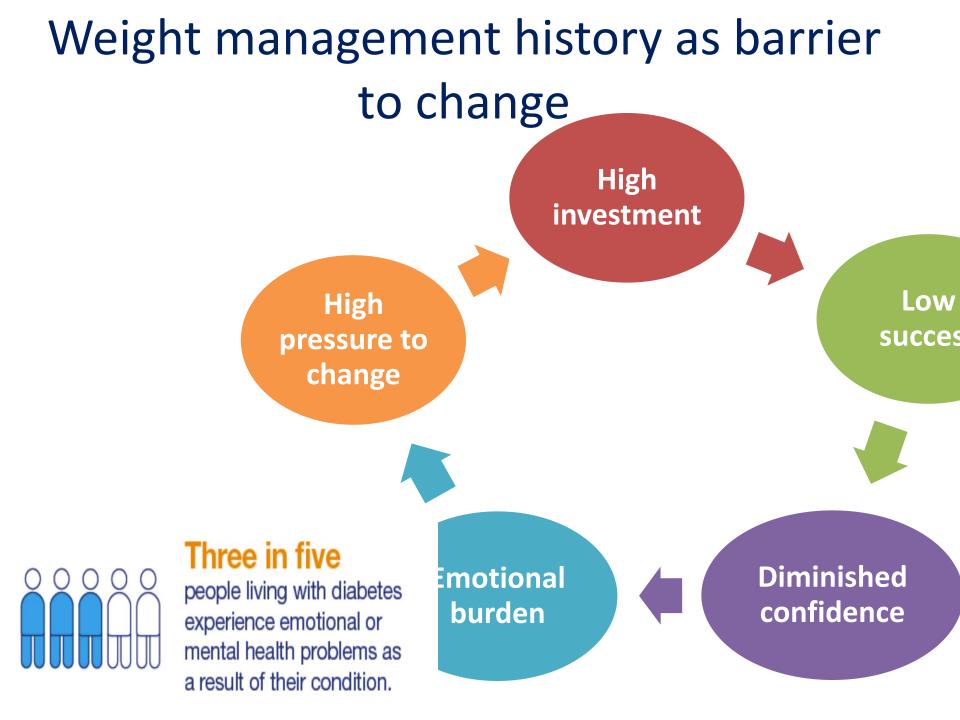
Reported % weight loss by method



Based on UK population representative IPSOS Mori survey

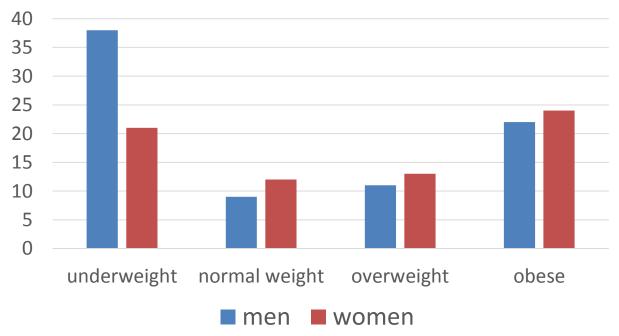
Perceived effectiveness of WL





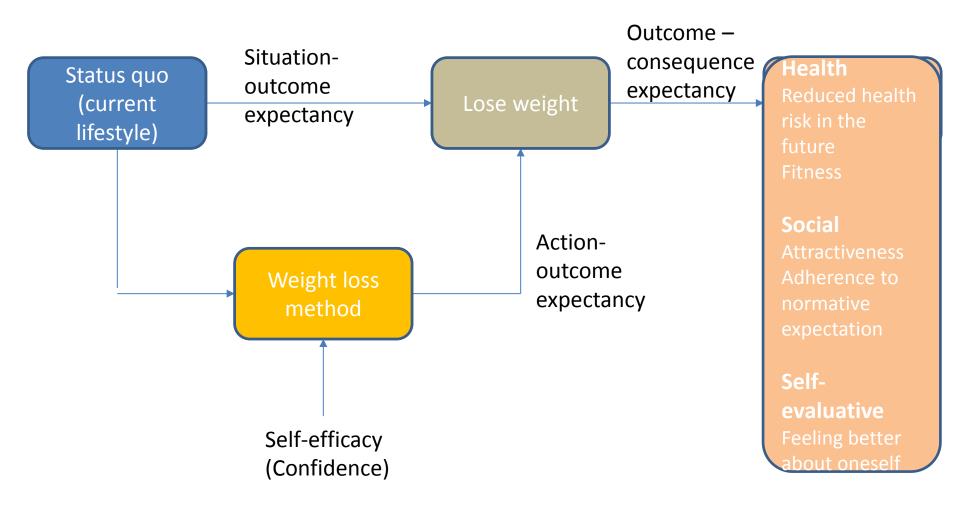
Prevalence of depression by weight

% of men and women with depression, by BMI category.



M Carey, H Small, SL Yoong, Al Boyes, A Bisquera, R Sanson-Fisher (2014). Prevalence of comorbid depression and obesity in general practice: a cross-sectional survey. *British*

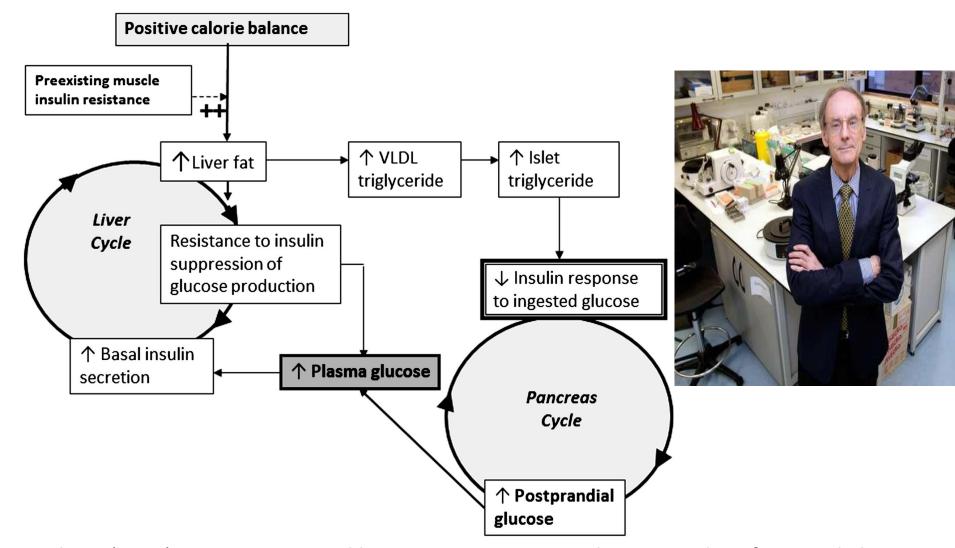
Motivation Theory





2 an intervention that worked well: DiRECT

Remission Diabetes Type 2



Taylor R (2013) Banting Memorial lecture 2012: reversing the twin cycles of type 2 diabetes. Diabet Med

The weight loss journey

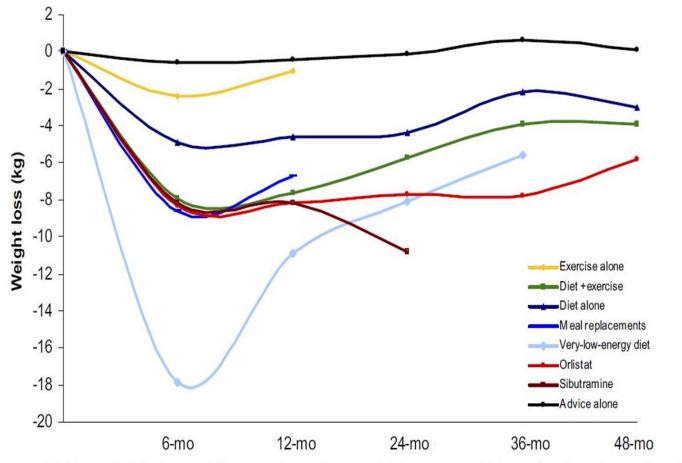


Figure 1. Average weight loss of subjects completing a minimum 1-year weight-management intervention; based on review of 80 studies (N=26,455; 18,199 completers [69%]).

Franz, et al (2007). Weight-loss outcomes: A systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up. *Journal of the American Dietetic Association*, *107*(10), 1755-1767.